

Wanderers Club Spa & Fitness



Sallyanne Guelli, Personal Trainer

Sallyanne has been part of the Wanderers Club Fitness Family for quite some time now, and has both the knowledge and tools to help you get fit. She develops her clients programs in a way that best leverages their strengths, ensuring that her clients feel successful in everything that they do. Sallyanne's energetic, supportive, and naturally empathetic personality is magnetic. Each workout includes something different so things never get stale. The type of client Sallyanne most enjoys working with is "the client that is willing to trust me and my expertise... one who may not be sure of their potential, but is willing to work hard in order to achieve their goals." She has over 9 years of personal training experience and specializes in strength training, flexibility and core strength, interval training and conditioning along with functional workouts tailored from beginners to athletes.

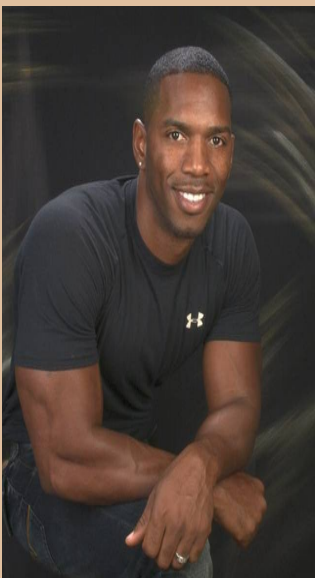
561-596-1197 | sallyanneguelli@gmail.com



Kelly Sullivan, Personal Trainer

Kelly has 23 years experience of group and personal training. Dedicated to promoting physical fitness for all abilities and lifestyles through safe and effective programs. Kelly emphasizes the importance of Core Strength and Flexibility in her training. She is certified to teach a variety of specialty classes such as, Kickboxing, Spin, Pilates, and High Intensity Interval Training.

561-252-7105 | sullivankelly@bellsouth.net



Reginald Stewart, Personal Trainer

Reginald brings 20 years of experience to the Wanderers and carries the most respected certifications in the country. He specializes in developing sports specific programming to enhance the performances of golf, tennis and equestrian enthusiasts. In addition to being certified by The American College Of Sports Medicine, Reginald Stewart is also certified through the International Sports Science Association as an Exercise Therapy Specialist and works with individuals recovering from injuries or who simply want medically approved training to avoid them. Reginald Stewart is a student of the famous Gray Institute where he studied Applied Functional Science, human Anatomy and physiology.

561-574-0261 | reggie@scienceoffitness.com | www.scienceoffitness.com



Sean Benevides- Performance Coach and Personal Trainer

Sean has been training athletes and developing elite level training programs for over 20 years. He holds a Master's Degree in Exercise Science and his certifications include NSCA- Certified Strength and Conditioning Specialist, Titleist- Golf Performance Specialist and USAW- Level 1 Weightlifting. Sean is part of the Network of Nike Trainers, which allows him to be on the cutting edge of the fitness industry. He specializes in sport specific workouts (such as golf, tennis, equestrian, football, and baseball) as well as develops programs for all fitness levels and ages. Sean's diverse background has come from his work in the NFL, at the college level, and most recently in the private sector. Currently, Sean's client list ranges from professional athletes, to adult fitness and youth training and everything in between. In addition to training clients, he also serves as Adjunct Professor at Palm Beach Atlantic University teaching fitness and strength and conditioning courses. Sean is excited to be part of the Wanderer's Club community!

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